



Monday

Tuesday

Wednesday

Thursday

6am - 6:45am

8am - 8:45am

12noon - 12:30pm

Spin with Krista

Kickboxing

Yoga-lates On the Ball

Spin with Krista

12:30pm - 1:00pm	1/2 hour Yoga	
5:00pm - 6:00pm	Yoga with Susan	Yoga with Susan
6:45pm - 7:30pm	Spin with Mary Ellen	Spin with Mary Ellen



Spin with Krista (Indoor Cycling) – with Krista Taylor in the gym – Krista has been a Wellness Center member for years! Join her for an early morning class held Tuesdays and Thursdays in the gym. This will be an intense 45 minute class of pure cardio. Krista will lead you through a course of jumps, hills, and sprints as you blast fat and build strength! Bikes are first come, first serve. Bring a hand towel and bottle of water. Open to all fitness levels.

Yoga-lates On the Ball – with Susan Gibbs in the aerobic studio – This is a wonderful class for people looking for yoga and pilates experience, with emphasis on strength and core realignment. This class is perfect for people who are returning to exercise or just starting out. Several different positions will be learned using the exercise ball; by working on an unstable surface your core muscles have to work to balance your body. The stability ball trains the body to stabilize the muscles as you strengthen your stomach and abs and improve your posture and coordination. Please bring a yoga mat. Open to adults of all fitness levels.

Yoga – with Susan Gibbs in the aerobic studio – Experience the art of yoga. Yoga is breathing, feeling, listening to one's body, with no competition, and no judgment. Align posture, calm the nerves, decrease injury and sleep better. Please bring a yoga mat. Open to adults of all fitness levels.

Kickboxing – with Kimberly Pina-Moore – Join our newest instructor, Kimberly Pina-Moore for her kickboxing class held on Saturday mornings in the aerobic studio. If you want to burn calories, build endurance, increase power and enhance your energy, this total body conditioning class is perfect for you! Open to all fitness levels – designed for participants 14 years and older.

**** Note **** It is mandatory to sign in at the front desk with your membership card before attending classes. Thank you.





